

# Wellness and Prevention Workgroup: Update and Action Items

Maryland Health Quality and  
Cost Council  
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# Presentation Overview

- Update items
  - Healthiest Maryland Businesses
  - Wellness Stat (state employee worksite wellness)
- Action items
  - Million Heart's Campaign
  - Proposed linkages between workgroups



# Healthiest Maryland Business Updates

- 162 companies
- 212,000 Maryland employees
- 45+ related communications with businesses and partners
- March- HMB total website hits=1,212
- April- HMB total website hits=2,061



# Health Reform/Healthy Business Forum

## March 29<sup>th</sup>, 2012 at Salisbury, Maryland





# Next Steps for Regional Events

- Hold events in Queen Anne's County on 6/18 and in Frederick County on 6/29
- Engage local partners in future event planning
- Hold three remaining events during Summer/Fall 2012

# Wellness Stat Updates

- Recent activity includes:
  - StateStat has proposed workplace wellness goals, strategies, and measures
  - State Agencies convened on 3/26 and 5/17
  - The Departments of Budget and Management and Health and Mental Hygiene continue to meet regularly

# Wellness Stat Short Term Wins

- Banned sales of tobacco products on site
- Completed an assessment of the food environment at key agencies
- Completed an assessment of wellness activities at key agencies

# Proposed Wellness Stat Goals

1. Foster an environment that promotes healthy eating and active living.
2. Enhance State health plan coverage of cost-effective and evidence-based practices.
3. Establish tobacco-free facilities.



# Proposed Wellness Stat Implementation

- Phase 1: Maximize Wellness Opportunities
- Phase 2: Develop Agency Health Snapshots
- Phase 3: Launch Agency Pilots

# Proposed Wellness Stat

## Next Steps

- Finalize Wellness Stat goals, strategies, and measures
- Launch a calendar of wellness activity
- Maximize existing wellness opportunities (e.g. promote utilization of Quitline, ChopChop Maryland)



# Action Item:

## Million Hearts Campaign

- National effort to prevent 1 million heart attacks and strokes in the next 5 years
- Jointly led by CDC and CMS
- Increases use of effective clinical and community strategies to achieve its goals
  - Clinical prevention= Preventive Health and Human Services Block Grant
  - Community prevention= Community Transformation Grant



# Million Hearts

## Next Steps

- Promote obesity prevention best practices to hospitals and Local Health Improvement Coalitions
- Explore clinical prevention Million Hearts projects through the Preventive Health and Human Services Block Grant
- Engage partners (e.g. DHMH, MHA, SHIP) to accomplish projects

# Explore Proposed Linkages with HQCC Workgroups

- Evidence-based medicine workgroup
  - Explore adoption of in-patient tobacco cessation as a workgroup priority
- Health disparities workgroup
  - Develop a strategy to reach businesses in Health Enterprise Zones

# Discussion